

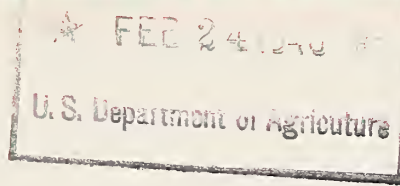
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No. 405

(This is a summary for the
Market Basket for February 14)



February 8, 1940.

CHOWDERS FOR COLD WEATHER MEALS

There's something friendly and wholesome about a bowl of chowder on cold, crisp days. Long ago, New Englanders discovered how good this hearty dish could be. And now _____, _____, _____,
(Name) (Title) (Institution)
says that the idea of serving chowders as the main part of a luncheon or supper has been adopted everywhere.

Chowder is usually thick with fish or vegetables, and some cookbooks call it "super-soup." It is a hot food that supplies the protein, minerals, and vitamins. Yet it is more interesting in texture and more appetizing in flavor than an ordinary cream soup. Salt pork gives it a distinctive flavor; and, in keeping with an old tradition, the real chowder is poured over crackers before serving.

Here is a typical fish-chowder recipe, which has been worked out by the Federal Bureau of Home Economics:

1 -1/2 pounds fresh cod, haddock, or any other large fish	1 onion chopped
2 cups diced potatoes	2 tablespoons flour
1 cup diced carrots	1 pint milk
1 quart water	Salt
1/4 pound salt pork, diced	Pepper

Cut the fish into small pieces and remove the bones and skin. Cook fish, potatoes, and carrots in the water for 15 minutes. Fry the salt pork until crisp, remove from the fat, cook the onion in the fat for a few minutes, add the flour, stir until well blended, and add the milk. Add this mixture to the fish and vegetables, add the salt and pepper, stir frequently, and simmer for 10 minutes longer. Add more seasoning if necessary, and serve over crackers.

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